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## Tips for Sun Bathers

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*Iowa State College*

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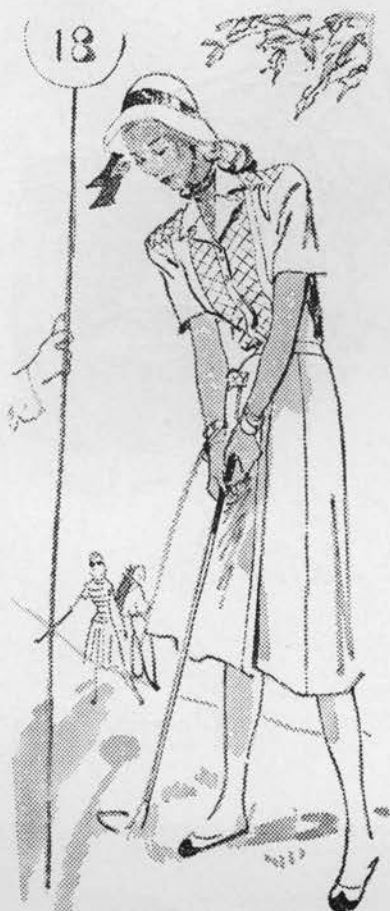
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## Tips for Sun Bathers

by Ruth Walker

**W**ITH the advent of spring and bare legs, shorts and outdoor sports, light dresses and the fever that always strikes the campus, m'lady again attacks the tedious process of acquiring a sun tan.

"That golden-smooth look" is what the fashion ads call it, but for some women it just doesn't happen that way. And on a white sandy beach or around any body of water, sun tans come easier than they do at Iowa State.

But the sun does produce the same penetrating ultra-violet rays above the Iowa State campus as it does over most of the more desirable sun-bathing spots, so hang your clothes on yonder limb, and let's forget the water. There are ways—and means, for acquiring that golden look, so let's consider a few.

First on the list is the sun deck on the roof of the Women's Gym. Here, except for a few circling airplanes, privacy reigns and the sun beats down without obstruction.

If you prefer getting yours as a sideline while you enjoy a game of golf or tennis, that's easy. Tennis courts are in playing condition now. Swinging a racket and pounding the courts are excellent ways of trimming down your figure for new spring styles, too.

Any or all of the usual daytime functions of the college golf course are good figure-trimming and sun-tanning activities, and the alert coed will investigate the possibilities there.

**D**O YOU take your sun straight, or do you consider artificial aids necessary? There are many good lotions on the market which will help protect your sensitive skin from the sun's rays. The main objective of any lotion is to keep your skin from drying out and help prevent the resulting burn. Olive or baby oil does the job well. Some veteran sun-bathers swear by tea or other similar potions to lure the sun's rays. Of course, there is always the possibility that some of your "tan" will wash off with the tea. Whatever the aid, it is well to remember that your skin

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hasn't been exposed for some time and is naturally sensitive. A sunburn can be as wicked as a scald or a fire burn.

Protect your eyes from the glare of the sun to avoid headaches and other complications later. Many coeds advocate sun glasses, but if you will avoid sun-tan lines on your face, try pads of cotton soaked in witch-hazel or cool water.

It is a good idea to cover your hair, too, since a hot sun may cause it to dry out and become brittle and streaked.

What of these women who claim they just don't tan? That's a possibility, of course— they say it's all in your pigment, but most of the near-hopeless cases can acquire a slight tan with careful, long-time effort. If your skin is a problem case, if it burns too easily and bleaches the next day, be careful not to over-expose and try to get out a little every day. Probably your acquisition will be more gradual than most people's, but the results should be much the same.

**N**ATURALLY you have an objective in mind when you lie under a hot Iowa sun for any period at all. The sun is the primary source of vitamin D, and while you acquire your tan, your skin soaks up this vitamin.

But more important to most coeds is the surface appearance. Hose aren't necessary if you have a good sun-tan and can avoid an ankle line. Playshoes without anklets are good for campus wear on sunny days. That golden-brown look is wonderful with light summer dresses and play-clothes.

Start early, and when swimming season arrives, you'll be all set for your first plunge with a nice tan that will deepen during the long summer months.



*Two Iowa State Coeds striving for that golden-smooth tan leisurely spend a sunny afternoon on the broad sundeck of the Women's Gym*



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